

ERGONOMICS

Basic Ergonomics

Safety Short Productions, Inc., c.1989

This narrated video briefly describes the concept of ergonomics using several staged scenarios.

Video - 5 minutes

ID number: 0293-102

Ergonomic Design for People at Work- Vol. I

Eastman Kodak Company, Human Factors Section, Health Safety and Human Factors Laboratory, c.1983

This book provides a detailed guide to workplace design involving sitting, standing, video display units, aisles, corridors, floors, ramps, stairs, ladders and other factors. In addition, the book describes information about equipment and environment including noise, light, temperature and humidity.

Book - Volume 1, 406 pages

ID Number: 0293-172

Ergonomic Design for People at Work - Vol. II

Eastman Kodak Company, Ergonomics Group Health and Environment Laboratories, c.1986

This book describes the physiological basis of work including the muscular system, the circulatory and respiratory systems, and biological rhythms. Further, the book describes how to survey a workplace and how to measure time work activities. Finally, the book describes patterns of work, training, hours of work, shift schedules, and material handling factors including grasping techniques, hand carts, hand trucks, pushing, pulling, lifting, carrying, shoveling and other manual handling tasks.

BOOK - Volume 2, 602 pages

ID Number: 0293-173

Ergonomics Safety ? Short

Long Island Productions, Inc., c.1992

Discusses the objective of ergonomics and the 4 major elements of an effective ergonomics program.

Worksite analysis

Hazard prevention and control

Implementation of a medical management system

Training and educating employees

Video - 6 minutes

ID Number: 000B-009

Introduction To Ergonomics

Wausau Insurance Companies - Communications Network

"Introduction to Ergonomics" addresses a number of questions concerning ergonomics. What is it? Is it important? Why didn't we hear about it 10 or 20 years ago?

Video - 24 minutes

ID Number: 0195-040

The New Generation of Work Belt Systems Instructional Video

Champion Ergonomics.

A brief promotional video explaining how to wear the lift belt, how to properly care for the belt and how to lift objects correctly. Describes and demonstrates the six basic elements of a proper lift.

Video - 3 minutes, 30 seconds

ID Number: 0293-170

The New Generation of Work Belt Systems Introduction Video

Champion Ergonomics

This video briefly explains low back injury statistics. It includes an explanation on how to wear the lift belt and how to lift objects correctly.

Video - 8 minutes

ID Number: 0293-169

Occupational Ergonomics - A Management Guide to Workplace Design(1)

The Travelers Insurance Companies

A booklet dealing with the biomechanical aspects of ergonomics primarily as it applies to the back, hands, wrists and upper body. It illustrates various workplace design configurations.

MANUAL - 22 pages

ID Number: 0293-107

Occupational Ergonomics - A Management Guide to Workplace Design (2)

The Travelers Insurance Companies, c.1991

A general overview of ergonomics, basic design principles, lifting techniques and how it relates to various syndromes or phenomena concerning different body parts.

MANUAL - 22 pages

ID Number: 0892-017

The Workers' Compensation Commission Ergonomics Video

ETV Division of Worker Education, State of Connecticut
Anthony W. Skiff, Director c.1990

Using a rock video format, this video defines ergonomics and demonstrates basic ergonomic principles to be used in the workplace including keeping elbows down, keeping forward reaches short, keeping wrist straight, never repeatedly reaching over shoulders, keeping objects close and never twisting lower back.

Video - 23 minutes

ID Number: 0892-018

Working Healthy - The New Ergonomic Sewing Station

International Ladies Garment Workers Union Health/Safety
Department, c.1989

This brief video describes and explains the features of the new ergonomics workstation and compares it to the typical industry standard of past years. Emphasizes ergonomically designed chairs, worktable surfaces and body posture. A brief overview of technological improvement in workstation function and design.

Video - 12 minutes

ID Number: 0293-160